

# SOCIAL MEDIA CONTRACT

A healthy amount of time to spend on social media each day is:  hours

Approved social media platforms and websites include:

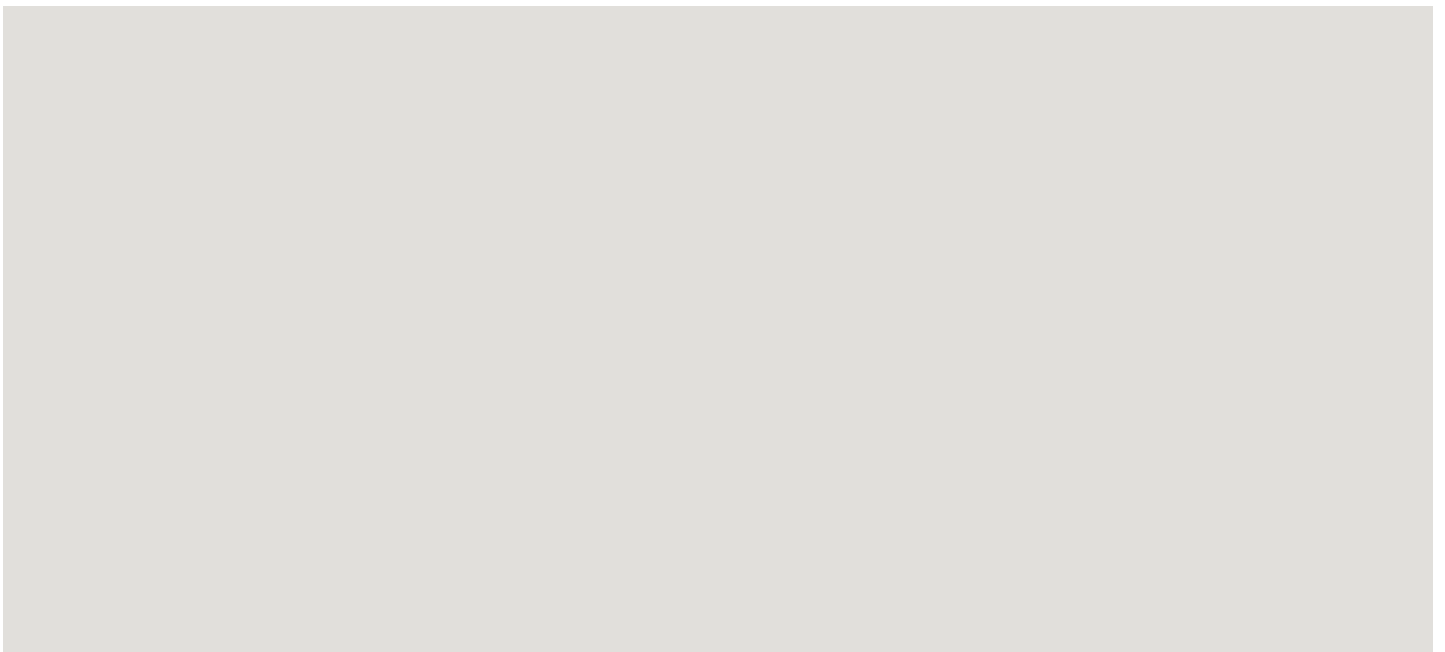
Websites that trigger me or make me upset include:

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Friends that make me happy or are safe to be around include:

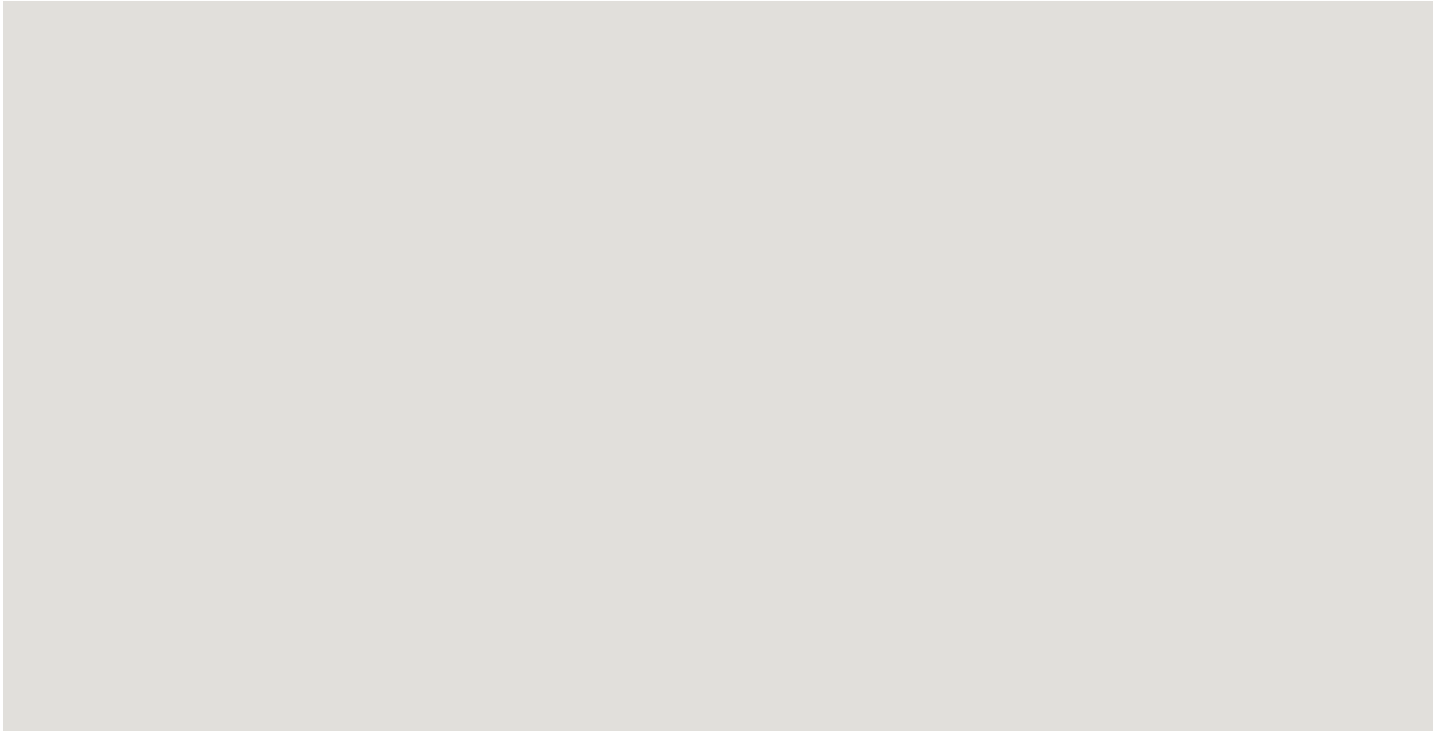


Here's what I can do if someone tries to add or friend me that is not on my approved list:

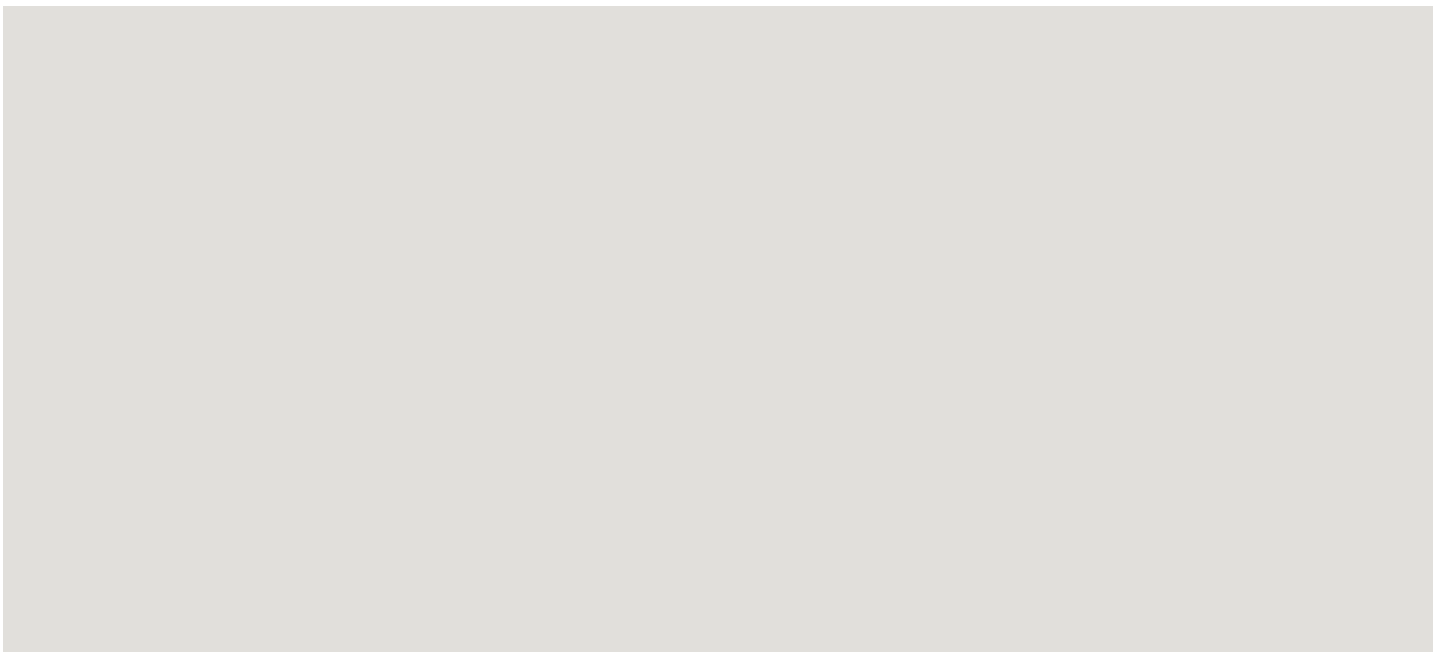


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Information that is appropriate to share online includes:

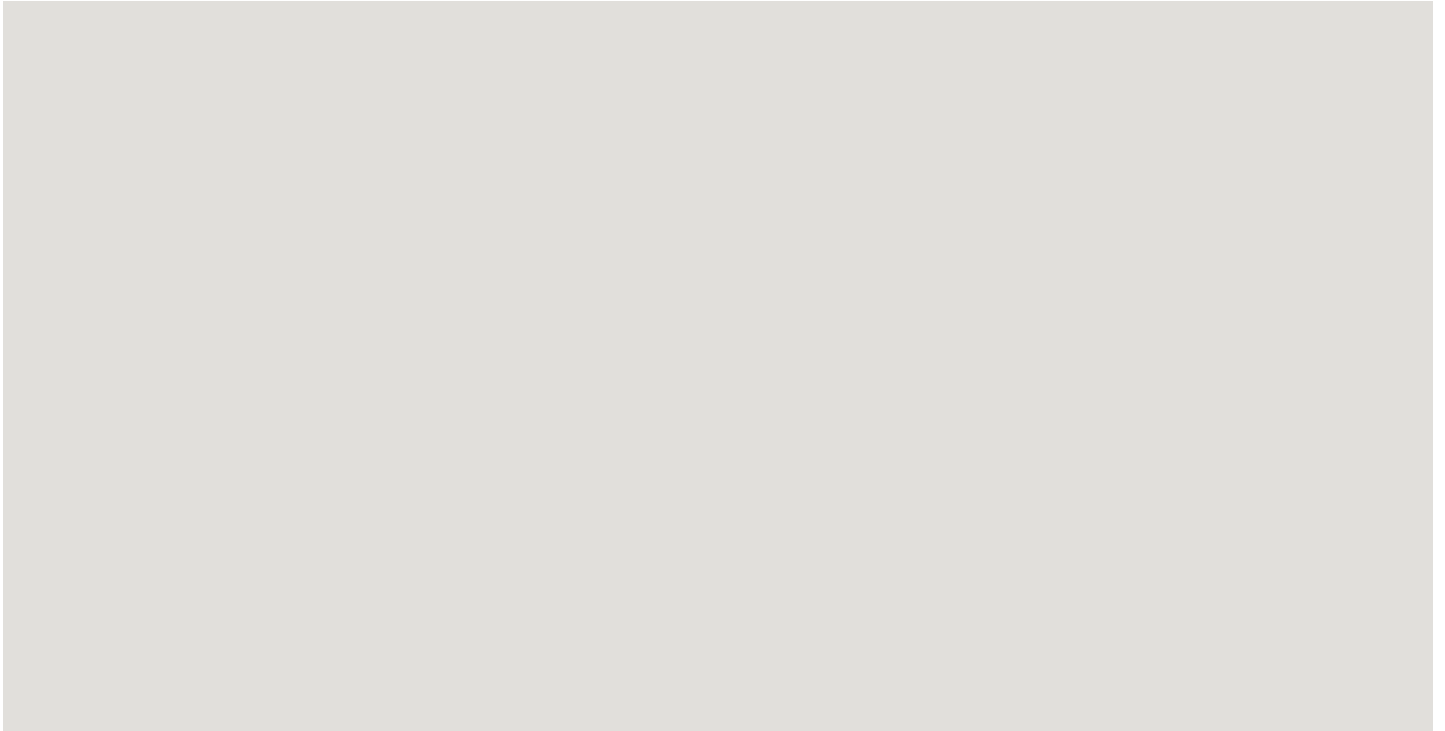


Information that I need to keep private and that should not be shared online includes:

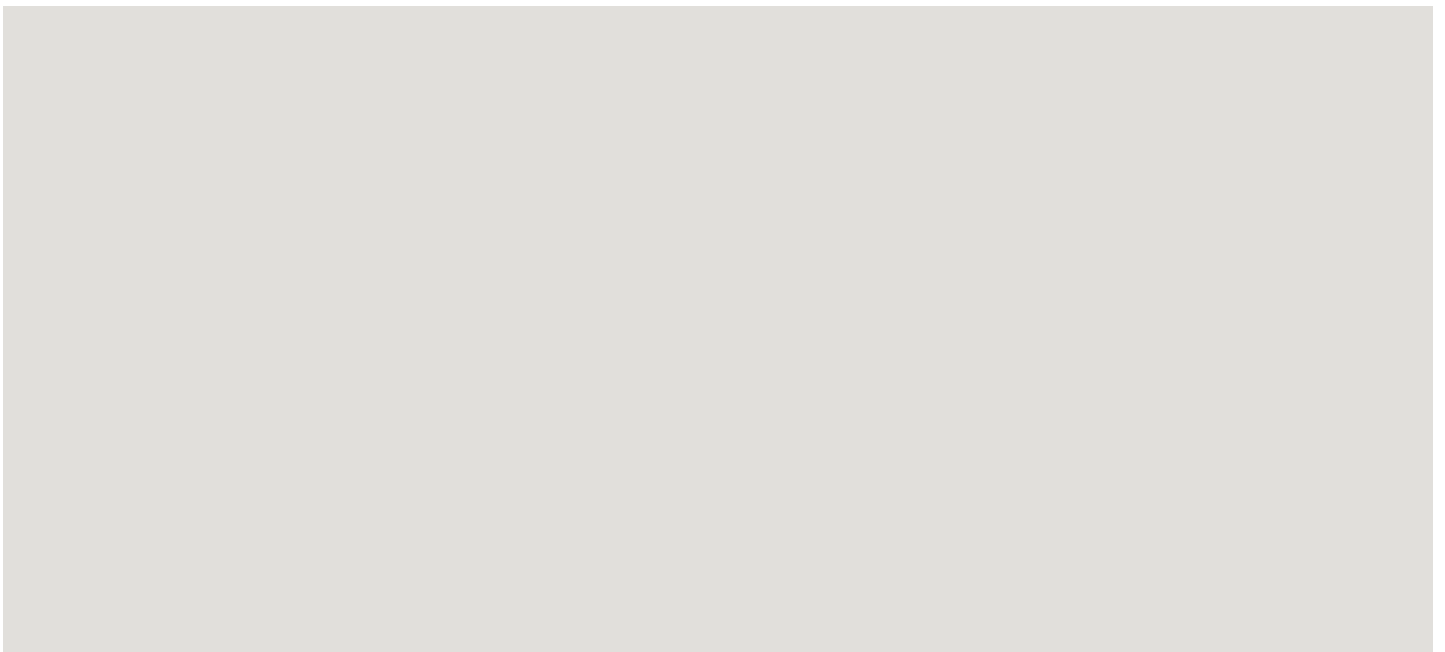


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Signs that I am being stressed out by social media and need a break include:

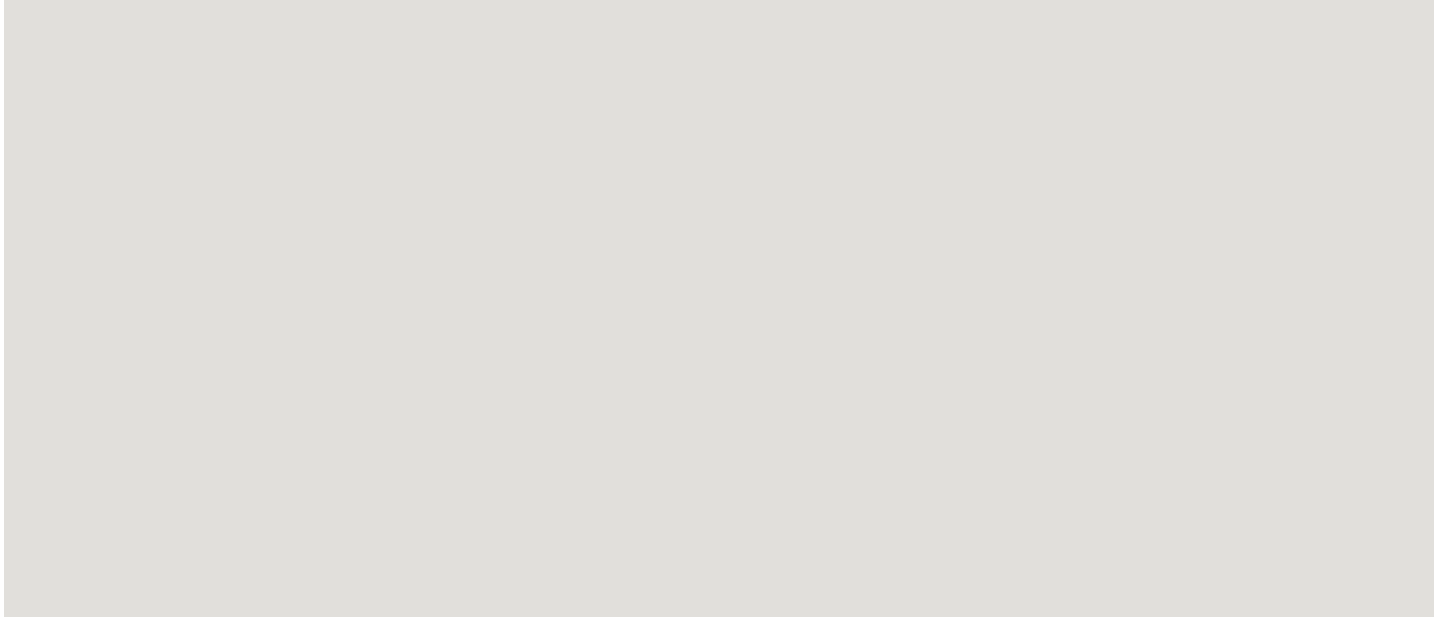


Here's a list of screen-free activities that I can do to take a break:

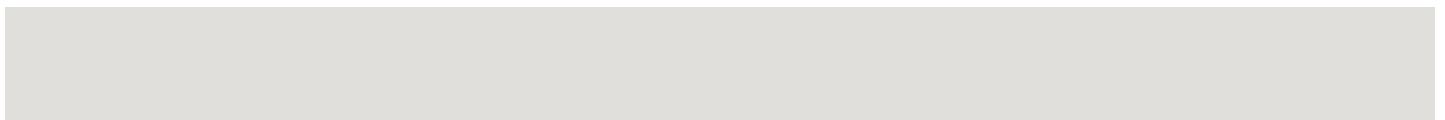


# **SOCIAL MEDIA CONTRACT**

Screen free family times are important! Here's a few times of day that we will all put our phone away and connect together:



**I agree to the above terms and will promise to follow through with them.**



Teen Name + Date



Parent Name + Date